



Vegan Pizza

 Vegetarian  Vegan  Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon active yeast dry
- 4 cups bread flour
- 0.5 pound mushrooms fresh sliced
- 1 bell pepper green
- 20 kalamata olives sliced
- 6 servings oil for greasing pan
- 6 servings olive oil
- 1 onion

- 6 servings oregano to taste
- 14 ounce vegan pizza sauce canned
- 1 teaspoon salt
- 1.3 cups warm water

Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- Mix bread flour, water, 3 tablespoons olive oil, yeast, and salt together in a large bowl; when the dough pulls together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- Place dough in a large, lightly-oiled bowl and turn to coat. Cover with a towel and let rise in a warm place for 2 hours.
- Preheat an oven to 450 degrees F (230 degrees C). Lightly grease 2 14-inch pizza pans with 1 teaspoon oil; lightly dust each pan with cornmeal.
- Divide dough in half and roll out into 2 thin rounds.
- Transfer each round to a prepared pizza pan.
- Spread pizza sauce over dough; top with mushrooms, peppers, onions, olives, and oregano.
- Drizzle with 1 tablespoon olive oil.
- Bake pizzas in the preheated oven until crust is golden and sauce is bubbling, about 20 minutes.
- Garnish with crushed red pepper.

Nutrition Facts



PROTEIN 8.33% FAT 46.64% CARBS 45.03%

Properties

Glycemic Index:31, Glycemic Load:41.01, Inflammation Score:-8, Nutrition Score:17.23043502932%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 607.99kcal (30.4%), Fat: 31.9g (49.07%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 69.29g (23.1%), Net Carbohydrates: 64.23g (23.36%), Sugar: 4.73g (5.25%), Cholesterol: 0mg (0%), Sodium: 917.51mg (39.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.63%), Selenium: 37.31µg (53.29%), Vitamin E: 6.52mg (43.49%), Manganese: 0.85mg (42.47%), Vitamin C: 22.75mg (27.58%), Vitamin K: 28.46µg (27.1%), Fiber: 5.06g (20.25%), Copper: 0.4mg (20.11%), Vitamin B2: 0.29mg (16.96%), Vitamin B3: 3.32mg (16.58%), Folate: 63.72µg (15.93%), Phosphorus: 146.74mg (14.67%), Vitamin B1: 0.21mg (14.05%), Potassium: 486.26mg (13.89%), Vitamin B5: 1.28mg (12.8%), Iron: 2.21mg (12.27%), Vitamin B6: 0.23mg (11.3%), Magnesium: 43.04mg (10.76%), Vitamin A: 431.25IU (8.63%), Zinc: 1.2mg (7.99%), Calcium: 54.16mg (5.42%)